

# U.U. & you

newsletter of the universalist unitarian church of halifax

Vol. 49, No 6  
February 2015

Universalist Unitarian  
Church of Halifax  
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Newsletter  
Etta Hamm  
Sandra Jamieson

Sunday service  
10:30 am  
All are welcome

Children & Youth Education  
Child care available

## February 1

Presenter: Rev. Helen McFadyen; Service Assistant: Marilyn Shinyei

### *A Rolling Stones' Rubric for Unrequited Yearning – "you can't always get what you want, but if you try sometimes..."*

Our culture places high stakes on "achievement" and "success", valuing and applauding those who "go after their dreams"; meanwhile, many invariably struggle, mired in their perceived "failures", often judged and rejected by others. What would a more compassionate rubric for living look like? The template may lie in the lyrics of a 60's rock & roll song.

## February 8

Presenter: Rev. Norm Horofker; Service Assistant: Margaret Galbraith

### *Yearning for Connection*

Yearning begins when we recognize that something is missing from our lives, something that we had and have lost, or something that we have not yet found that is essential to making us complete. This Sunday Norm will explore how we might tune into our yearnings and how we cope when our yearnings go unfulfilled.

## February 15

Presenter: Dr. Linda Carvery and Rev. Norm Horofker; Service Assistant: Dean White

### *Yearning and Learning*

Do not miss Dr. Linda Carvery! She will be inspiring us with music and spoken word in a very special service celebrating African-Canadian contributions to our society. Dr. Carvery, a retired Citizenship Judge has worked for many years on behalf of persons with disabilities, families in crisis and youths. She is also a well-known recording artist, winning the East Coast Music Award *Jazz Artist of the Year* in 2002. Plan on staying after the service for more music and presentations on this theme. See details elsewhere in this newsletter.

## February 22

Presenter: Rev. Norm Horofker; Service Assistant: Sass Minard

### *Wanting What You Have*

Our materialistic and consumer driven economy does all it can to motivate us to want the things we don't have. This Sunday Norm explores how we can find more happiness in wanting what we already have.



Our Mission is to provide a community which nurtures personal and spiritual growth, practices inclusiveness, celebrates diversity and affirms individual and collective commitment to community service and social justice.

## February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9 am Chalice Singers 9:45 am Family Singers  12 noon Worship Committee  Sign-up for D4\$ (last chance at church)  12:30 – 2:30 pm Estate Planning Workshop (Bring your lunch)	<b>2</b>	<b>3</b>          7pm Halifax Interfaith Event	<b>4</b>          4:45-6:15 After Choir	<b>5</b> 9:30 – 11:30 am Parents & Tots	<b>6</b>	<b>7</b>
<b>8</b> 9 am Chalice Singers 9:45 am Family Singers 9:45 am Floral Arranging with Valerie  Noon-Potluck Welcome Lunch with Refugees  Noon Social Responsibility	<b>9</b>	<b>10</b>          11:30-3:30 Library Meeting	<b>11</b>          4:45-6:15 pm After Choir  6:30 pm Board Meeting	<b>12</b> 9:30 – 11:30 am Parents & Tots	<b>13</b>	<b>14</b>
<b>15</b> 9 am Chalice Singers 9:45 am Family Singers          1:00 pm Afternoon of Music	<b>16</b>	<b>17</b>	<b>18</b>          4:45-6:15 pm After Choir	<b>19</b> 9:30 – 11:30 am Parents & Tots          6:30 pm Spiritual Show& Tell with Potluck Dinner	<b>20</b>	<b>21</b>          Hike to Jack Lake See page 5          7 - 9 pm DUP
<b>22</b> 9 am Chalice Singers          12 Noon Hanging art show	<b>23</b> 10 am Newsletter Deadline	<b>24</b>	<b>25</b>          4:45-6:15 pm After Choir	<b>26</b> 9:30 – 11:30 am Parents & Tots	<b>27</b>	<b>28</b>          7 – 10 pm Coffee House

### Estate Planning Workshop this weekend: Sunday, Feb 1st, after the service

This is going to be a great opportunity for you to get answers from the experts to all those questions you may have about estate planning and will writing. It doesn't matter how big or small your estate may be, it is still better to have a will in place than to die intestate.



Find out why after church this Sunday February 1st from 12:30 to 2:30.

You may also have questions about Advance Personal Directives (Living Wills), Powers of Attorney, naming beneficiaries on insurance policies or investments, what kinds of gifts can be made to charities and other things. Here's your chance to get answers.

Our two experts, a lawyer (our own James Morris), and a financial planner (Doug Oxner of RBC Dominion Securities) will explore the issues of estate planning and writing or updating a will and how charitable giving might feature in your own estate planning.

Mary Lu MacDonald's father had a favourite joke about Estate Planning. He claimed that the best plan was to have the cheque to the undertaker bounce!

Of course, he didn't actually die broke and Mary Lu says that ultimately his careful planning will result in money being left to UUCH through her.

We hope to see you there. You may wish to bring a bag lunch for yourself but there will also be muffins!

***UUCH Endowment Trustees***



## *Minister's Notes in a month of yearning*

***Every system is perfectly  
designed to get the  
results it is getting***

I need to be clear that the results we are getting in our congregation are pretty great. We have sustained a dynamic congregation over decades and created a truly loving and supportive community. That said, many of us yearn for more... to ensure an exciting future for the congregation and a positive influence for our faith tradition on the larger Halifax community.

I am convinced that there are three things we can do now that will move us in that direction. Each of these offers the opportunity for you, yes you, to get involved and help to shape that exciting future for our congregation and have a lot of fun in the process.

***First—Themed Church:*** We are poised to join a movement within Canadian Unitarian Universalism to go deeper in our Sunday services and to share resources for doing so among a group of congregations numbering 20 and growing. Our Sunday services will focus on monthly themes and members of the congregation will be asked to contribute ideas and resources such as poetry, readings and music. Our services will not be done in isolation, but will emerge as part of a national dialogue among UU congregations. Each month we will provide our members and friends with a package of material that they can use to explore the theme on their own or in small groups (see below.) The Worship Committee has already agreed to this direction and now we need individuals who would like to be part of making it happen.

***Second—Small Group Ministry:*** I am aware that many members of our congregation would like the opportunity to discuss the important issues in life, (the very issues that Themed Church hopes to address) in more detail and in a context of confidentiality and trust. For many, participating in a service once a week is not enough. Themed Church combined with the tradition of Small Group Ministry makes this possible.

Small Group Ministry uses trained facilitators to assist groups of about 10 individuals in personal and in depth discussions around issues important to how we each live into our beliefs. Each group is structured to establish a compatible group of individuals who commit to meeting every 4 to 6 weeks for an extended period. In other churches the small groups have remained stable for years at a time, leading to deep friendships.

***Third—5500 Inglis Street as Community Centre:*** The idea of seeing our beautiful building more as a community resource than as a traditional church building has been gaining traction. We recognize that there is a desperate need for community building and making connections among people of good will. At the same time, there is reluctance among many to identify with the traditional image of “church.”

Maybe it is not important how many church members we have, but rather how many people are getting their spiritual needs met through our various initiatives... how many people are being served.

This month we have the wonderful opportunity of hosting a community event with Linda Carvery, Henry Bishop and Woody Wilson. I only wish we had the organization in place to promote this to all the people who use our building now, and to everyone in our neighborhood. (Be sure to check out the details of this event elsewhere in this newsletter.) Transitioning to community resource centre is something we can start today, but again, not without willing enthusiastic volunteers.

*Ahh...* it feels good to let the mind explore an expansive vision of our mission and congregation. The future can indeed be as exciting as we are willing to dream.

If we yearn for something more than we have now, then we need a vision to move toward, and we must change some of the things we are doing.

I look forward to hearing what you think about these ideas. Talk them up, speak to our Board members, come out to a Board meeting—and by all means, let me know that you would like to help bring it all about!

***Rev. Norm Horofker***

**CELEBRATING AFRICAN HERITAGE MONTH**  
**The Universalist Unitarian Church of Halifax proudly hosts:**  
**AFRICAN-CANADIAN REFLECTIONS:**  
***An Afternoon of Music***  
***& Spoken Word***

with

**Linda Carvery** Gospel/Jazz recording artist, ECMA winner, founding president Nova Scotia Mass Choir, former Canadian Citizenship Judge

**Woody Woods** Jazz/Gospel/Blues composer, conductor, pianist, author, bandleader of *The Woody Woods Orchestra & Woody Woods Quartet*

**Dr. Henry Bishop** Nova Scotia percussionist, historian, graphic designer, educator

**Sunday, 15<sup>th</sup> February 2015 – 1:00 P.M.**  
**Universalist Unitarian Church of Halifax**  
Sponsored by Citizenship & Immigration Canada

Public event; First come, first seated

No cost, free-will offering in support of the Building Fund of Cornwallis Street Baptist Church

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**Linda Carvery**

Founding President of the award-winning Nova Scotia Mass Choir, Linda embarked on a solo career in 2000.

Working with Bill Stevenson and the crew at CBC Halifax, Linda recorded her first solo CD *Yesterday/Today* featuring selections of her personal jazz, blues, R&B and gospel favourites.

She received the ECMA for Best Jazz Artist in 2002.

Linda has since expanded her musical horizons by performing in the Neptune Theatre productions of the musicals *Gospel at Colonus* and *The Best Little Whorehouse in Texas*. She also performed in Eastern Front Theatre's production of *Whylah Falls* which staged a series of performances at the National Arts Centre.

Linda performed at the *Halifax for Haiti* fundraising concert, and recently was part of the *East Coast Blues Summit* on CBC. She is also a regular featured performer with the *Ladies in Blues* series.

Linda's musical diversity and powerful presence combine to deliver an entertainment experience that has attracted a large and loyal following.

Aside from her musical endeavours, Linda recently served as the Citizenship Judge for the Atlantic region.

**Annual Winter Warm-Up Coffeehouse  
Saturday, February 28, 7 -10 pm  
Potluck Food & Free-will Offering**



**This is your LAST nudge to note this date in your calendars and 'get your act together'** for this special, annual, fun, fellowship event. Always warm and cozy, and always welcoming and uplifting, it's just what we'll all need to carry us through to spring!

If you know of someone you think would like to offer music, comedy, dance, poetry or something else to entertain us on this special night, encourage them to contact me.

***This event is open to all, so invite your family and friends, too.***

All performers, however, must let me know in advance to get into the **pre-scheduled line-up**. 'Soonish' would be helpful.

I'm already looking forward to it!

***Deborah Wiggins***

**Hike to Jack Lake – Saturday, Feb 21**

The February hike will be to Jack Lake. Jack Lake is a small lake that had been included in a wilderness park created by the town of Bedford. Under HRM, the development of this lake and the surrounding forest lands has been put on hold. The trail into the lake was torn up by heavy machinery during clean-up operations following Hurricane Juan.



Jack Lake

I am hoping the trail will be sufficiently frozen. If we have snow on the ground, people can participate on snowshoes or skis.

Meet at the church at 12:30 or at the northern end of the Home Depot parking lot on Lacewood at 12:45, or at the gate on Smith Road at 1 pm.

To get to Smith Road, follow Highway 102 to Hammonds Plain Road. Take the second exit. About 300 metres past the overpass under Highway 102, turn right onto Smith Road. The paved part of Smith Road ends with a bit of a turnaround and a gate that may or may not be closed. Park on the side of the road. Call me at 902-483-4731 if you are lost or running late.

***Allyn Clarke***

\*

**What** is open to everyone; including atheists, agnostics, humanists, earth-centered folk, Buddhists, Jews, Muslims, Christians, any other category and any combination!? **\*SST!**



## The Caring Column

We were all delighted to receive Christy-Lee Bojarski and Dan Schreiber's news on January 20th that **Sebastian Alistair Schreiber** had arrived at 4:10 that morning, weighing in at 9 lbs. 2 oz! A little brother for Hawksley.



Christy-Lee and Sebastian are well. Congratulations to the happy family!



**Elizabeth Greenhavens** is finding the winter long and would love to have occasional visitors. Please call her before you visit to be sure it fits her schedule and so she can unlock the door. Her number is 902-422-4279.

*Mary Ellen Onno*

## Church Directories Available

Copies of the 2015 UUCH Directory are available to members and friends whose names are 'in the book'.

Be sure to ask for your copy next time you are in church. If you are unable to pick one up, we can mail one to you.

**Sandra Jamieson**  
uuchurch@eastlink.ca  
902-429-5500

\*

**When** is a regular opportunity to learn previously unknown, interesting, and in-depth things about your fellow UUs? **\*SST!**

## From the CMHA's Building Bridges Program



"Dear members of the Halifax Universalist Unitarian Church:

"Thank you for your generous donation of thirty hampers and Tim Horton gift cards to members of our Building Bridges Program.

"I know how much work goes into making this happen. I always look forward to hearing from Mary Ellen and Martha in December and understand that it has now become a tradition for Martha and her daughters to assemble the hampers at the Onno's. Helen McFadyen started this initiative four years ago and it is so wonderful that it has continued.

"Everyone who received the hampers and cards were thrilled. It is not just receiving the material items; it is appreciating the thoughtfulness and kindness they represent.

"Thank you again for choosing our Building Bridges Program as a recipient of your Christmas Outreach. You are certainly helping to create a caring community." – Margaret Murray

Mary Ellen and I thank you as well, for your kind generosity.

*Martha Wilson*

## Parents & Tots Coffee House and Playgroup

Something new is happening at 5500 Inglis Street: the Parents & Tots Coffee House and Playgroup. This is a time for parents and their small children (aged newborn to 3 years) to gather and share stories, news, coffee and snacks. There are toys for the children and coffee for the adults. Small snacks are provided.



Tots at the first playgroup, January 22nd

This is a drop-in event held every Thursday morning from 9:30 to 11:30 am. All are welcome.

*Molly Hurd*



**Happy CUC Month!  
CUC Connection  
and UU Commitment**

The organization for Unitarians\* in Canada is the Canadian Unitarian Council (CUC). Its members are all the Canadian congregations. Congregations are represented by their delegates at the annual general meetings where delegates bring prior congregational input obtained.

The Council is governed by the CUC Board of Trustees which acts in the best interests of the Council's member congregations. This mandate explains the many requests to Presidents and other congregation leaders to obtain results of discussion on any given issue, e.g. change in Annual Program Contribution to the CUC, visioning process, resolutions, etc. Generally, information goes to Ministers as well as Presidents. Treasurers have been involved in the last year in response to the APC task force.

CUC Board policy demands that congregations be consulted on significant issues. It makes good sense that delegates be selected and become involved as soon as possible. Hence the suggestion for a two-year delegate term. That works better for all concerned. (I was reminded at church yesterday that the UUCH-donated travel points work best when used well in advance of any trip).

Yesterday's "salon" was a positive sign that the UUCH Board is well on track, with some volunteers for the delegate role even before CUC month kicks off. Facilitating leadership and its benefits has to continue to be a priority for a connected healthy congregation.

Over the last few years the CUC Board has been actively cultivating a collaborative relationship with UUMOC (UU Ministers of Canada). There is a lot of common ground when healthy vital congregations is the goal.

Commitment to Unitarianism and the seven principles we hold dear becomes another challenge when congregations struggle to increase membership. I am hoping that the UUCH Visioning workshop will test our creative juices to focus on another direction in addition to Sunday mornings. Then for those who haven't discovered us yet, commitment starts with, "I like what this UUCH Church is doing".

In UU commitment,

**Glenda Butt**

President, CUC Board of Trustees

\* *Unitarians: Short version for Unitarians,  
Unitarian Universalists & Universalist Unitarians.*

**Delegates Sought for the  
CUC Annual Conference  
and Meeting, May 15 - 17**



The UU Church of Halifax is a member congregation of the Canadian Unitarian Council (CUC). The CUC provides a number of services to congregations across Canada as well as providing a national voice for Canada's UUs. The CUC holds an Annual Meeting and Conference each year on the Victoria Day weekend. The Annual Meeting approves the CUC's program and budget for the coming year, elects the CUC Board and the Nominating Committee, debates policy and social justice resolutions. Halifax is entitled to name two delegates to represent the congregation at this meeting.

In the past, we have named our delegates a few weeks or even days before the meeting. The CUC has asked that we name our delegates early in the church year. This would allow the delegates to educate themselves on the issues that will come before the Annual General Meeting and consult with the members of the congregation.

The Board is looking for members who are interested in serving as our delegates in the coming year. At this stage, we are thinking of appointing delegates for only one year, but reappointment for a second year will be a possibility.

The 2015 AGM will be held in Ottawa and then move to Hamilton for 2016.

If you want more information on what goes on at a CUC Annual Meeting, you could talk to Glenda Butt, Kim Turner, or Mary Lu Mac-Donald.

If you are interested in being a delegate, pass your name to Kim or to me.

*Allyn Clarke*

\*

**Where** can you gain deep insights into the personal journeys of the wonderful folk you see regularly but do not know much about? **SST!**

## Hands Which Bless All: a reflection on my Ordination to Unitarian Universalist Ministry

The Rev. Helen McFadyen

Ordination is a rite that exists in many traditions to give religious leaders authority. Because of our democratic congregational polity, Unitarian Universalist ministers are ordained by UU congregations themselves, not by a national authority or by other ministers.

On January 10, 2015, I was ordained by the congregation of the Universalist Unitarian Church of Halifax, the first member of our church to be ordained in its 177-year history. The ordination service was, by any standard, a grand affair.

Several UU ministers travelled to Halifax from various points in Canada to participate in the service, joining clergy from other denominations and lay people with whom I've had various work, ministry, and academic connections in recent years. In addition, CBC radio reporter, Molly Segal was present, recording and note-taking in preparation for an upcoming feature story about my spiritual journey from Roman Catholic schoolgirl to UU minister (to be broadcast at a future date on Atlantic Voices).

UUCH Board President, Kim Turner led the assembled members of the congregation in the Act of Ordination ("the main event"). Here are the words spoken by UUCH members as a Charge to the Minister:

"We, the members of the Universalist Unitarian Church of Halifax recognize your calling and do hereby ordain you, The Reverend Helen Rita McFadyen, to the Unitarian Universalist ministry. Among us, and wherever you may be called to serve, we charge you to live by the principles of our shared faith, to minister to those in joy and in sorrow, and to speak your truth in love. We charge you to be a prophetic and healing voice in the midst of challenge and change. Keep reminding us of the enduring values we profess. May you work for justice...love compassionately...and walk humbly with all that is sacred in the Universe."

My response: "With humility and deep gratitude for all who have walked before me, and walked beside me, and trusting in the Love and Mystery beyond all knowing, I joyfully accept this ministry to which you ordain me."

Despite the aversion some Unitarian Universalists have to pomp and religious ceremony, UUCH members joined family, friends, and cross-denominational colleagues in an impressive 90-minute service. The service included some traditional elements, found in most other mainline denomination ordinations, including the "Laying on of Hands". Rev. Norm Horofker elaborated on this age-old rite by inviting clergy to take part, as well as members of the congregation, friends, and all assembled.



With countless hands extended, interconnected, reaching toward me and forming a human chain of love and support for my ministry, I was without a doubt, transformed. In simple language, this was a holy moment. "Love", "God", or "that which is greater than"... however one understands (or does not understand) the Ultimate, the Mystery, the Awe, in that moment all became part of me. Eyes closed, and with an incredible loving energy washing over me, I recall thinking, 'these are the hands which bless all'.

I thank the UUCH Board, and all UUCH members and friends for their enduring support and encouragement throughout the years of my ministerial formation. I also thank those who contributed so generously to the ordination fund. I thank Rev. Norm Horofker for masterfully leading the service, all the volunteers and helpers. I am exceptionally grateful to the hard-working ordination planning team.

It takes a village, and then some, to grow a minister. I promise to do my very best to honour your charge to me as a minister.

\*

**Why** not come and join others at a warm, welcoming potluck food event, where you share fellowship and learning? **\*SST!**



## Ordination of Helen McFadyen

with the Congregation of the Universalist Unitarian Church of Halifax  
January 10, 2015 — held at the Rockingham United Church



Left to right: 1) Rev. Norm Horofker, Service Leader; 2) Rev. Shawn Newton & Rev. Carly Gaylor delivering sermon, *'The Changing Nature of Ministry'*; 3) 'Communion of Communities' celebrants.



1) Helen & UUCH President, Kim Turner leading Act of Ordination; 2 & 3) 'Laying on of Hands'.



1) Right Hand of Fellowship offered by Rev. Shawn Newton; 2) Rev. Helen offers Blessing; 3: Recessional.



1) After Choir entertain at reception; 2) Reception guests; 3) Cake for all with image of ordination theme.

Photographs by Kim Turner



## Music Montage

*Ours be the poems of all  
tongues, all things of  
loveliness and worth.  
All arts, all ages, and all  
songs. One life, one beauty  
on the earth.*

~ Kenneth Patton

### **Our Annual Winter Warm-up Coffeehouse**

This uplifting and fun fellowship event is scheduled for **Saturday evening, February 28th** this year. So, now is the time to get your 'act together', literally. I am looking for people to sign-up as entertainers: singers, instrumentalists, comedy acts, dancers, poets, drama skits. Single acts, duos and groups are all welcome. If you have friends who would like to contribute, please encourage them to get in touch with me, so I may prepare the line-up. Be sure to mark it on your calendars, too, if you haven't already.

### **Special Opportunities for Family Singers**

This month, come and sing at 9:45 am on Sundays February 1st, 8th, and 15th. I want to encourage all ages and stages of singers to 'make a joyful noise' more often. So there will be opportunities to sing *every Sunday, except* the last Sunday of the month. You will be strongly supported by our stalwart and dedicated *Chalice Singers*. I'm looking forward to seeing you there!

### **February's 'Singing As We Gather'**

The Gathering Hymn for this month is #89 *Come, My Way, My Truth, My Life*. Since February's theme is 'yearning', and we are a good way through the winter season now, this hymn speaks to our desire to cultivate and strengthen important qualities in our lives, such as truth, that "*ends all strife*". Also, since this is the traditional month of 'love', the last verse is especially to the point: "*Come, my joy, my love, my heart: such a joy as none can move, such a love as none can part, such a heart as joys in love*" Let us all strive to be these things to each other, in community.

If you are interested in learning more about our music program and all the opportunities to participate, such as our Coffeehouse, *Chalice Singers*, *Family Singers*, *qUUartet*, or *After Choir*, please contact me.

### **Deborah Wiggins**

Music Director  
uuchmusic@yahoo.ca  
902-463-0988

## Religious Exploration



The first month of the New Year has gone by so quickly! We have been enjoying our introduction to the seventh UU principle; respect for the interdependent web of all existence of which we are a part.

In the junior's group, we have been learning about the web of life, and our place in it. We have discovered unique partnerships in nature, getting the chance to go outside and explore firsthand, and we have learned more about the wonderful role trees play in our lives.

In the senior group, we have been discovering our connection to water, and the dependence of all life on clean, fresh water. From humans' impacts on water, to how we can clean and protect this essential resource, we are working on a journey to discovering how we can be stewards for water.

We look forward to continuing our journey to deepen our connection to nature. If you have any special interest, knowledge or skills in this area that you would like to share, please let me know! Our volunteers make this program so special, and we'd love to add more volunteers to our wonderful program.

You can reach me by email at [esdodge@gmail.com](mailto:esdodge@gmail.com) and by phone 902-817-1489 on Tuesdays from 12 to 3 pm, and Thursdays from 8 am to 12 pm. Thank you!

### **Emily Dodge**

Interim Director of Religious Exploration

*Do not ask your children to strive for extraordinary lives. Such striving may seem admirable, but it is the way of foolishness. Help them instead to find the wonder and the marvel of an ordinary life. Show them the joy of tasting tomatoes, apples and pears. Show them how to cry when pets and people die. Show them the infinite pleasure in the touch of a hand. And make the ordinary come alive for them. The extraordinary will take care of itself."*

~ William Martin, *The Parent's Tao Te Ching: Ancient Advice for Modern Parents*



### 'Our Favourite Things' Art Exhibit

Advance notice:  
May - June 2015

Ballroom Gallery

WITHOUT PLAY, THERE WOULD BE NO PICASSO. As a teenager, Picasso already drew as well as Leonardo daVinci, therefore he astutely explored, played with alternative means of self-expression. Why don't we follow his example?

But I don't know how to draw or make art, you may say. Oh yes, you can – counters Michael Seary! I tend to agree with Michael. Art making is not about perfection, nor about replicating what you see. Rather, art making is about how you feel! Therefore, if you love or are keenly interested in your subject, you automatically work intuitively, forgetting self.

TOPIC: OUR FAVOURITE THINGS. Look around your surroundings at home, whether your style is minimalist or abounding with collections amassed over a lifetime. You no doubt have objects that speak to you in a clearly spiritual manner. How about favourite books, musical instruments, a painting of a goddess, chairs, recipes, dishes, coffee mugs, scarves or shoes? What makes these things special for you? Show us in vivid colour!

MY OWN FAVOURITES: Almost everything in my place speaks to me, because my 'treasures' remind me of dear family members, friends, life excursions and experiences. I feel warmly surrounded by people I care about deeply at all times.

NOW SING "These are a few of my favourite things" along with Julie Andrews in the Sound of Music!

**REMINDER!** PASS IN YOUR ART ENTRIES FOR THE VISUAL STORYTELLING ART EXHIBIT AFTER THE SERVICE ON SUNDAY, **FEBRUARY 22ND**. The show runs from from the 22nd to May 2015. I look forward to seeing your work!

*Ella Wilson*

### Unitarian Universalist—United Nations Office Intergenerational Spring Seminar New York City, April 9 -11



Since 1957 the UU-UNO Spring Seminar has brought together experts, leaders, activists and citizens of all ages to interact on issues of human rights.

The 2015 theme will be *International Criminal Justice: from Punitive to Restorative*, a topic of immense concern across the global community. Sub-topics will be mass incarceration, racial disparities in arrest, immigration detention, human trafficking, prisoner education, restoration and reconciliation.

More details will be in the next newsletter, or contact the UNO at [unitednations@uua.org/springseminar](mailto:unitednations@uua.org/springseminar)—or call 212-986-5165 and ask for Alison.

*Valerie Chapman*  
UU-UNO Envoy for UUCH

### Advance Notice! Spring Auction – April 12 & 19

This is just to start you thinking about the Spring Auction—what you might offer and what you might want to bid on.

We have the most exciting item this spring! Earlene Busch, owner and manager of Chanterelle Country Inn and Cottages (on the Cabot Trail), attended our Regional Fall Gathering. She approached me and offered a package at her inn for our Spring Auction.



Check out the inn at [www.chanterelleinn.com](http://www.chanterelleinn.com). Very high-end accommodation.

This offer with a value of \$550 includes a 3-night stay for two in the inn with a hot and cold buffet breakfast each day. The Chanterelle has an excellent restaurant of which Earlene is chef. See all on the website. To be used May 1st to June 30th, or September 1st to 30th. I predict we will be fighting over this one!

*Marilyn Shinyei*

## Beautifying our Sanctuary with Flowers



Since my retirement last December from supplying weekly flower arrangements, I'm looking for others equally passionate about flower arranging to step up.

We all love to see flowers in our meeting room. Flowers are a 'special touch', giving evidence especially to our visitors, of our caring and warm welcoming. Floral arrangements need not be large, elaborate or expensive. Simplicity is often more beautiful – a curving branch, a single flower, a grouping of rocks or a favourite ornament. Let's see your imaginations working!

I will happily give a few demonstrations before the service in the kitchen. I also invite members of the RE to participate.

I would like to begin on February 8th at 9.45 am for 15 to 20 minutes. Just show up in the kitchen. I will have a few supplies.

*Valerie Chapman*

## \*SST is Spiritual Show and Tell, of course!

This is a potluck dinner event, starting at 6:30 pm on **Thursday, February 19th**. These wonderful evenings will continue the third Thursday of each month up to and including May.



The attendees of January's **SST** were delighted, intrigued, uplifted and satiated in mind and body. Come and check it out for yourselves.

Please contact us if you would like to be a presenter or wish to learn more. We are looking forward to you joining us there!

*Devin Murphy  
Deborah Wiggins*

## Sunday Service Volunteers

### Feb 1

Greeting Kathy Anthony  
Anne Knight-Gorman  
Ushering Andy Blair (e), Janet Horofker (l)  
Kitchen Norm Sabowitz (set-up)  
Anne Knight-Gorman (clean-up)  
Audio Devin Murphy  
Library Alison Chipman

### Feb 8

Greeting Wietske Gradstein, Sass Minard  
Ushering Kay Smith, Kathy Anthony (e),  
Sylvia Mattinson (l)  
Kitchen Norm Sabowitz (set-up)  
Anne Knight-Gorman (clean-up)  
Audio Avard Woolaver  
Library Anne Knight-Gorman

### Feb 15

Greeting Michael Seary, Margaret Galbraith  
Ushering Valerie Chapman (e)  
Margaret and Paul Galbraith (l)  
Kitchen Norm Sabowitz (set-up)  
Stephen Butler (clean-up)  
Audio Paul Galbraith  
Library Alison Chipman

### Feb 22

Greeting Sandra Clarke, Sylvia Mattinson  
Ushering Eileen Ross (e) Sylvia Mattinson (l)  
Kitchen Norm Sabowitz (set-up)  
Sandra Clarke, Kathy Spencer  
(clean-up)  
Audio TBA  
Library Alison Chipman

Please contact Wietske Gradstein at 902-835-9272 to join the Sunday Service Support Team.

**DEADLINE**

The deadline for submissions for the March newsletter is Monday, February 23rd.

A happy life is one  
spent in learning,  
earning, and  
yearning.

*Lillian Gish*